

OCTOBER 2023

CURLEW SCHOOL

Milk and a variation of a fruit or vegetable is offered with every meal. Cereal is offered at breakfast.

This institution is an equal opportunity provider

Monday

Tuesday

Wednesday

Thursday

Friday

2

**BBQ Wrangler
veggie & fruit**

Bagel & fruit

3

**Chicken Noodle Soup, hot
roll, veggie & fruit**

Yogurt & fruit

4

**Steak bites w/gravy
potatoes, hot roll
& fruit**

Waffles & fruit

5

**Asian Chicken Salad,
& fruit**

Scones & fruit

6

COOK'S CHOICE

Cougar Tails & fruit

9

NO SCHOOL

FALL BREAK

10

**Beef & Barley Soup, hot
roll, veggie & fruit**

Pancakes & fruit

11

**Baked Potato, hot roll,
veggie & fruit**

Breakfast bar

12

Taco Salad & fruit

Cougar muffin & fruit

13

COOK'S CHOICE

Sausage links & fruit

16

**Nachos
veggie & fruit**

Omelet & fruit

17

**Tomato Ravioli Soup,
hot roll & fruit**

Cornbread & fruit

18

**Chicken Enchiladas
veggie & fruit**

French Toast & fruit

19

**Chicken Caesar Wrap &
fruit**

Biscuits & Gravy, fruit

20

COOK'S CHOICE

Maple Bar & fruit

23

**Egg rolls, rice,
veggie & fruit**

Bagel & fruit

24

**Chicken Stew, hot roll,
veggie & fruit**

Yogurt & fruit

25

**Teriyaki Dippers
hot roll, veggie & fruit**

Waffles & fruit

26

**Crispy Chicken
Salad, hot roll & fruit**

Scones & fruit

27

COOK'S CHOICE

Cougar Tails & fruit

30

Chicken Gyros & fruit

Cinnamon flop & fruit

31

**Eyeball Soup,
finger rolls, veggie & fruit**

Pancakes & fruit

